

C-O-N-F-I-D-E-N-T-I-A-L

Coolie Loads in VC-held areas of SVN

...Each time each man transported from 50 to 60 kilos (110 - 132 lbs). At the outset it was believed that this was the heaviest load a man could carry, but gradually it became the norm which many persons could achieve. With progress in the ideological field, this figure was boosted to the incredible record of 114.5 kilos (251 lbs). It is hard to imagine that men could achieve this...

...Comrade (Y Giau -- phonetic) during a mission transported 106 kilos (233 lbs). This performance started a lively campaign to learn from, catch up, and surpass (Y Giau)...  
*[Emphasis added]*

(Liberation Radio (Clandestine) in Vietnamese to South Vietnam 1000 GMT 15 March 1966 -- FBIS DR Far East, 24 March 1966) UNCLASSIFIED

Loads carried by Infiltrating PAVN through Laos (Diary entries)

...12 Nov '66: Up hill and down dale with a 35-kilo (77 lbs) load on the back. Each of us carried four grenades, 150 bullets, and rice for ten days. The load was too heavy; I could not walk and I wanted to rest for a whole day and a whole night. At noon we arrived at the Moc Chau pass...

...18 Nov: I went for rice (for his group) and had to carry back 30 kilos (66 lbs) while I was still extremely hungry. After walking four kilometers at Ba Hang, I had the additional burden of my own bag of rice for a three day supply. The load was so heavy that I could hardly walk, but I have to make an added effort encouraged by the hope of rest upon returning to camp. In preparation for the border crossing each man had to carry an eight-day supply of rice and dried food for another two days, one kilo of salt, and a box of salted fish. My shoulders nearly crumbled under the heavy load of foodstuffs and equipment, but I did not complain...

(Diary of an unknown Vietnamese who was a member of the 148th Independent Infantry Regiment of the NVA; journey from Moc Chau area in NVN along Route 6 into northern Laos until he and his platoon crossed the Nam Ma in NE Houa Phan Province, Laos. [REDACTED]  
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